

# Workplace Support Is Just a Phone Call Away

The Group Insurance Commission sponsors wellness seminars and consultations for managers and supervisors.

“This is the most exciting, entertaining, thought-provoking training I have attended. I’m leaving with a wealth of information and essential tools to share at my workplace.”

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“After attending the training, I feel inspired and rejuvenated.”

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“The workshop made me look at things from a different perspective. Thank you!”

Get the training you need to help employees do their best work.

Susan Cooper is an Employee Assistance Program Coordinator for United Behavioral Health. As a licensed independent clinical social worker, Susan provides the following services to managers and supervisors at no cost:

- Consultations on workplace concerns, such as low morale, personality conflicts and personal issues affecting work performance
- Wellness seminars, such as Stress Management and Improving Morale
- Grief support
- Employee support groups, such as Caring for Elderly Parents
- Stress debriefing following a critical incident

**If you and your employees would like to learn more about these services, call 1-781-472-8448 and talk with Susan.**